

STRONG MEN, PAST AND PRESENT.

Among the greatest feats of strength of the present day are the following: Lifting a 685-pound weight, pushing it up from a reclining position, back downward, using the hands alone, by Patrick McCarthy, in St. Louis, Aug. 10, 1898; carrying 2,250 pounds on the back for eight steps, side-stepping, done by the same man, Aug. 4, 1898; shouldering, with the right hand on the right shoulder, a barrel filled with sand and water, weighing 433 pounds, without help of the knees, and by taking hold of the chimes, by Louis Cyr, in Chicago, May 7, 1896; lifting, in harness, 3,239 pounds, by W. B. Curtis, in New York City, Dec. 20, 1868; lifting 1,897 pounds clear of the floor, using both hands, but without help of knees or artificial aid, by Louis Cyr, in Chicago, May 7, 1896.

Wonderful as these feats of strength are, they are equaled by many, and surpassed by some, of historical fame.

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Milo, of Cretone, ran a mile with an ox on his shoulders, then, with a single blow of his fist, killed the animal. If the Bible story of Samson overpowering the wild lion of the forest and killing him with the jawbone of an ass be ruled out by "the higher criticism," Polydamas, of

Thessalia, is recorded to have done the same thing, without the jawbone or any weapon at all.

The same Grecian strong man held back a chariot which two horses vainly strove to draw away from him. King Darius I., of Persia, called him to his court and pitted three of the strongest men of his army against him. He killed all three by giving to each a slap on the ear. Seizing a bull by one of its hind feet, the animal only got away by leaving its hoof in his hand.

The Roman Emperor Caius Julius Verus Maximus was a giant in stature as well as in strength. He stood over 8 feet high and could squeeze the hardest stone to powder with his fingers. He used to wear his wife's bracelet as a ring.

Athanatus was a Roman athlete who used to run around the arena carrying 500 pounds on his shoulders and 500 pounds fastened to his feet.

Iceus, another Roman strong man, could seize a furious bull by the horns and tear them away from its head with ease. (It is only a few weeks ago that one of our present-day strong men tried to throw a tame ox and failed.)

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Coming down to later times, the Emperor Charlemagne was 8 feet



THE PHARNESE HERCULES.





TWO STRIKING POSES OF CHAMPION JEFFRIES.

By courtesy The Journal.

high and, just for fun, used to seize a knight in full armor and hold him out at arm's length.

Augustus II., Elector of Saxony, could carry a man of average weight in his open hand, and his son, the famous Marshal Saxe, who led the French at Fontenoy, seized a London dustman by the head, tossed him high in the air, caught him with his one hand as he came down and dropped him, as he might a cat, into his own dust cart. Breaking new horseshoes with his bare hands was another of Marshal Saxe's pleasantries.

Thomas Topham, an English strong man of the eighteenth century, easily lifted three casks, filled with water, weighing 1,836 pounds; lifted a large horse over a turnpike gate, and lifted two hundredweights with his little finger over his head. Being set to guard the entrance to a race course, the driver of a coach filled with passengers and drawn by four horses tried to pass in, when Topham seized the hind wheels of the coach and upset it, with its occupants, into the road way.— *The World*.

THE LOSS OF FORM IN WOMEN.

After women pass middle age they lose a considerable amount of their height, says the *Family Doctor*, not by stooping, as men do, but by actual collapse, sinking down; this is to be attributed to the perishing of the muscles that

support the frame, in consequence of habitual and constant pressure of corsets and dependence upon the artificial support by them afforded. Every girl who wears corsets that press upon these muscles and restrict the free development of the fibres that form them, relieving them of their natural duties of supporting the spine, indeed, incapacitating them from so doing, may feel sure she is preparing herself to be a dumpy woman. A great pity! Failure of health among women when the vigor of youth passes away is but too patent and but too commonly caused by this practice. Let the man who admires the pieces of that which does duty for a human body picture to himself the wasted form and the seamed skin. Most women, from long custom of wearing the corsets, are really unaware how much they are hampered and restricted. A girl of twenty, intended by Nature to be one of her finest specimens, gravely assures one that her corsets are not tight, being the same size as those she was first put into, not perceiving her condemnation in the fact that she has since grown five inches in height and two in shoulder breadth. Her corsets are not too tight because the constant pressure has prevented the natural development of heart and lung space. The dainty waist of the poets is precisely that flexible slimness that is destroyed by corsets. The form resulting from them is not slim, but a piece of pipe, and quite as flexible.

